

The Supervisor's Guide To

**OSHA**  
REGULATIONStoday's  
topic:**FIRST AID****SAFETY MEETING SCRIPT**

## First-Aid Basics Everyone Should Learn

“Thousands of workers are injured on the job every day. Most of their injuries are very minor, not requiring any medical attention. However, workplace injuries can also be serious and they can happen anytime, anywhere. Providing the appropriate response to an injury is the best thing to do. However, even an incorrect response is usually better than no response at all.

### A Look At Different Types Of Injuries

Today, we're going to discuss several types of injuries we might encounter on the job and how to respond to each of them.

Suppose, for example, you come upon a co-worker who is lying on the floor, unconscious. Generally, the correct response is to perform rescue breathing. If the victim's heart has stopped beating, you should immediately begin cardiopulmonary resuscitation (CPR) if you have been trained to do so.

When a person is seriously injured, he or she is likely to become very upset and may go into shock. You can identify shock by looking for cold, clammy skin and a pale face. Victims may also experience chills, confusion, nausea and vomiting, as well as shallow breathing. While providing first aid and/or waiting for emergency help to arrive, have the victim lie down and elevate his or her legs. Cover the victim with a blanket or whatever is handy.

Many injuries cause bleeding. In some cases a person can bleed to death, so it is absolutely essential that you control the bleeding as quickly as possible. Before you attempt to control the bleeding, put on rubber or sterile gloves. Even a clean plastic bag can be used. What you are trying to do is prevent direct contact with the victim's blood.

Next, try to use hand pressure to control the bleeding. If this doesn't work, apply a thick, clean cloth or gauze directly over the wound and hold it there with a bandage, a belt, cloth strips or even a necktie. Avoid stopping the circulation to the rest of the limb. If you can't "tie" the bandage to the wound, such as wounds to the groin, place the cloth

or pad directly over the wound and control the bleeding with your hand. If there are no broken bones, try to raise the bleeding area higher than the rest of the body. Keep in mind that the victim could go into shock, so be prepared to treat that as well.

### Burns Can Be Severe

Burns are another type of injury that could happen here. If someone is burned, immediately immerse the burned area into a container of room temperature water. Do NOT apply ice because it can actually cause more damage to the burned area. Also, avoid breaking any blisters and do not use ointments or powders.

Severe burns, including chemical burns, are very likely to send the victim into shock. Be prepared. At the same time, you have to treat the burn. Remove any clothing from the burned area. If the clothing is stuck to the burn, however, leave it there. For chemical burns, flush the skin with plenty of water. If the victim is conscious and does not have burns to the mouth, provide plenty of water and get him or her to a doctor or hospital as soon as possible.

### Spinal Injuries Require Caution

Spinal injuries can be very serious. Nearly any damage that is done to the spinal cord is permanent. If you suspect a spinal injury, do not move the victim unless leaving him or her in his or her current location puts the individual at further risk. The victim's body should be stabilized to prevent the head, neck and body from moving. If you have to move the victim, try to keep the neck and torso as straight as possible and pull him or her in a direction that keeps the victim's spine in a straight line. Pull the body from the feet or shoulders, using both feet or both shoulders. You can also pull by using the victim's clothing. If using the clothing, grab the victim by the collar and support his or her head with your forearms. The clothing drag is best because it supports the victim's head.

If you have to perform first aid, remember to stay calm and provide what you think is the appropriate action.

Thanks for your attention.

Have a safe day.”